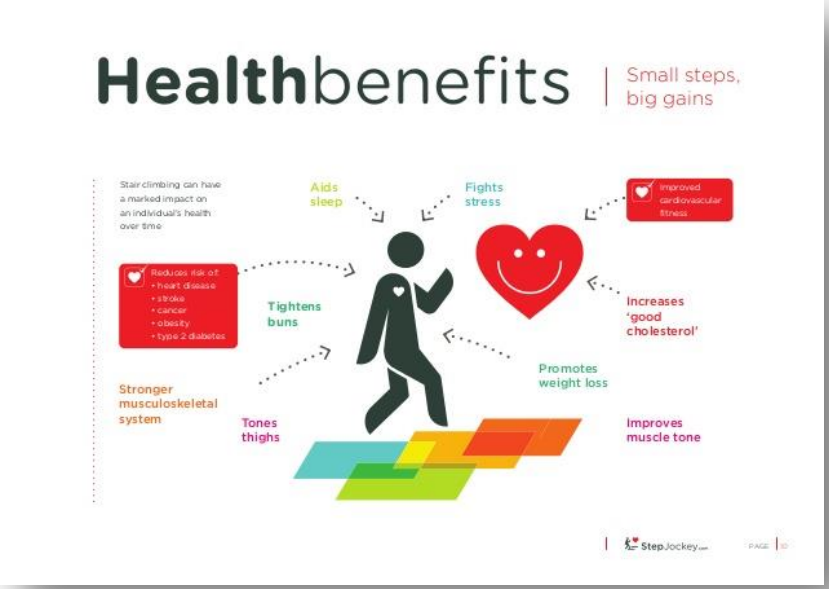
HEALTY HINTS

Just for the HEALTH *of it!*™

WEEK TWO-STAIRS

CLIMB THOSE (dreaded) STAIRS!

- It's CHEAP! No workout equipment needed.
- BOOST cardiovascular capacity.
    - How many of you are out of breath when you get a few flights in!?!
- TONES muscles.
    - QUADS, Glutes, Calf, Hamstrings.
    - Use your arms-pull up to add some toning to your arms!
- Burns CALORIES. 7 calories per minute.



CHALLENGE YOURSELF!

- Start small-each day/week add a flight!
- Have knee or foot issues? Going DOWN is actually harder on your body. Walk UP (since it has the best benefits) and take the elevator down!

http://healthyliving.azcentral.com/benefits-stair-climbing-2608.html